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Project Title

Using the Canadian Longitudinal Study on Aging to undertake a biobehavioral investigation into the association between tooth loss and hip bone mineral density and the role of dietary choices in promoting bone health during later life stages

Project Summary

Osteoporosis is a major public health burden in Canada. With aging, bones are more likely to fracture, often leading to a loss of independence and reduced quality of life. A balanced diet can help support bone health. This research adopts a biobehavioral analysis of the relationship between nutrition and bone health by accounting for the roles played by economic factors that affect consumers' dietary choices. Hip bone mineral density by X-ray scan (used to diagnose osteoporosis) is not routinely performed nor is it well understood by the average person when making health and diet decisions. We use tooth loss as a surrogate measure for bone health since it is observable and meaningful to consumers. Findings will support the development of strategies that enable individuals to consume a healthy diet. In turn, better nutrition will help individuals to keep more of their teeth while supporting overall bone health.

Keywords

oral health, osteoporosis, bone mineral density, diet, health economics